

Dear 21st Century Parent or Guardian,

I am writing to encourage you to take advantage of an important opportunity for you and your child being offered by 21st Century Community Learning Centers Grant Lower Bucks Family YMCA and taught by the Council of Southeastern PA.

Guiding Good Choices® is a free workshop series for parents of children in grades 4-8 being offered in Bristol Township; it’s an interactive, lively program where parents will learn how to strengthen bonds with their children and reduce the risk that their children will use drugs. Parents learn practical skills and strategies on how to talk about risky-behavior topics that are often difficult to bring up; they learn the importance of having these conversations now to ensure their children can develop into healthy adults with healthy behaviors. The program encourages parents to set clear family guidelines on drugs as well as learn and practice skills to strengthen family bonds and increase children’s involvement in the family. Guiding Good Choices® is research based and proven to be effective.

The program will take place at the:

Don’t miss out on a wonderful opportunity to discuss these important topics with other parents and prepare for the teenage years; the trained staff of the Council can answer questions and facilitate interactive discussions in a positive and safe atmosphere. To reserve a spot, please pre-register by completing the form on the next page and hand back into your child’s site coordinator at the 21st Century afterschool program (FDR: Megan French—Gancarz or Armstrong: Tracey Wurtenburg).

For more questions or to register over the phone please call Alex Ruch, 21st Century Project Manager, Lower Bucks Family YMCA at 215-949-3400 X 7165 or by email at [aruch@lbfymca.org](mailto:aruch@lbfymca.org).

Sincerely,

Alexandra Ruch, MPH

21st Century Project Manager



Lower Bucks Family YMCA Wellness Center

555 Oxford Valley Rd, Fairless Hills PA 19030

Monday nights from 6:30-8:30pm

Dates include **4/27, 5/4, 5/11, 5/18, 6/1**

Dinner and childcare are provided for free!

*\*Pre-registration is required.*

*(You may continue to pre-register for sessions 2-5 ongoing.)*